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LOVING EACH DAY

for

PEACEMAKERS

Choosing Peace Every Day

JOHN-ROGER

PRAISE FOR

Loving Each Day for Peacemakers
by John-Roger

"John-Roger's book *Loving Each Day for Peacemakers* is a must read! One of the major challenges of life is how to stay grounded and centered in today's high stress environment. In simple, yet thought-provoking language, John-Roger offers words of wisdom on the many variations and colors of the word 'peace'. He also includes questions designed to help you analyze what you are doing to yourself that might be interfering with your inner peace—and, just as important, questions designed to prod you on how to correct the situation as needed.

"This book is destined to become a classic."

—Gail Harris
Captain, United States Navy (Ret)

"Ultimately, we long for Peace. Why not have Peace right now? Why wait? We may ask, 'What is Peace, where is it sourced, how do we achieve it, and how do we sustain it?' *Loving Each Day for Peacemakers* directed me to these answers within myself. I came to know Peace much more dynamically in my life as I used this enlightening book."

—LEIGH TAYLOR-YOUNG
Emmy Award-winning actress
("Picket Fences," "Sunset Beach");
Special Advisor in Arts and Media,
United Nations Environment Program

"This book provides an excellent format for my students, who meet with Nobel Peace Prize Laureates and then develop service projects that support peace. It's an invaluable tool for moving us to the heart of creating peace in our own lives!"

—KAREY THORNE
Peace Jam, New Mexico

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This book is dedicated to
Laura Donnelley-Morton

FOREWORD

I FIRST MET John-Roger in the mid-1970's. Already a teacher and lecturer of international stature, he was speaking at a retreat that I was attending. During a break in the retreat, he came over to where I was sitting and introduced himself. We chatted, and in the course of that conversation, he related a story that has stayed with me ever since. On one level, it was a very simple story. However, after hearing it, a more profound meaning struck me and reflected a direction for my own process of peace.

He related how, early in his career, he had been a police officer. He and his partner had received a radio bulletin that there was a burglary in progress. As they pulled up to the rear entrance of a furrier business, they noticed the door to the storage area was open.

His partner stayed in the cruiser to radio for backup and John-Roger went inside. He went on to tell me that he had to walk down a long set of stairs into the basement, where there was one row after another of racks of furs. The lights were out and he could not tell who or what was waiting for him at each turn. He switched on his flashlight and drew his revolver and slowly began checking row by row. Suddenly, he told me, he had this sense or feeling that someone was standing right there behind him. In the darkness, he spun around and, sure enough, he was face to face with someone holding a flashlight and pointing a weapon right back at him. In the split second he had, he decided to fire. John-Roger then said to me that the very next thing he heard, even before the echo of the shot had dissipated, was the sound of glass shattering. He had shot a mirror.

Even as I laughed, I sensed that there was a deeper meaning for me. It hinted that if I wanted greater peace in my world, perhaps the place I had to start was within myself. What if all those people and situations that I judged as "less than peaceful" were merely reflections of conditions inside myself? I was reminded of the statement from that great peacemaker from India who said 60 years ago, "The only devils in this world are those running around in our own hearts, and that is where all our battles should be fought." If that be so, I reasoned, and if Gandhi had pinpointed the location of that battle, then perhaps the methodology of the battle was laid out 2000 years ago, when another peacemaker said to "love your enemies." What if my very next step in being a peacemaker was to address that which was not peaceful inside of me? What if

I recognized that those external situations I found upsetting merely reflected my own internal fears and battles, and that my charge was to accept and even love "that enemy"?

I have heard John-Roger say that "peace is present" and that we can "choose peace." Perhaps this book can provide direction and opportunities for us to do just that: make the choices that allow us to give ourselves to the peace that is present.

There are accompanying questions and suggestions with each quotation. Together, they are designed to assist you to look within and apply the material in practical ways in your daily life. They can be read in order or randomly, or in whatever creative ways you find useful.

This book is an invitation for each of us to further awaken the peacemaker within us and thereby declare peace by the choices we make.

From the book:

> *"Many people are becoming aware of a fervent yearning for peace. We have the ability to make it happen. We can put our focus, attention and loving into declaring peace instead of war with every choice we make. Do this one small step at a time, one moment at a time."*

May this book be a resource for you as you take those next steps.

A Fellow Peacemaker

Individual peace
is the prelude to world peace.
Individual peace starts with you,
regardless of what anybody else does.
You can have peace in relationships
by not entering into conflicts.
We can have peace in this world
by not entering into war.

Heart-to-heart healing
is the goodness of one heart
moving and touching another heart,
which can remove hurts, regrets and envies.
This other heart will then come forward
and touch back to the first heart,
and these hearts will start to heal each other.
That is why I say,
peace starts first with you.
Then it becomes contagious.

When have I experienced
heart-to-heart healing?
What did the other person or I do
to facilitate that experience?

When you find
that the source
of your happiness and joy
is inside of you,
you will also find peace.

Where am I currently looking for
happiness and joy outside of myself?
How can I find these qualities inside of myself?

Peace is the cessation of againstness.
More than just fighting,
this includes any form of againstness
in your thoughts, feelings,
imagination or actions.

Is there a current situation in which
I can let go of againstness to find peace?

Peace is always available.
When you're not against
anything or anyone, you start to feel
the presence of peace.

As peace is always available,
how can I make myself more available to peace
right now?

When you are in acceptance,
you are in profound peace.
Accepting something doesn't mean
you are agreeing with it or condoning it.
In acceptance, you are freeing yourself
of negative thoughts and feelings
and making yourself available
to the powerful presence of peace.
You can see more clearly.
This is the place you want to be in
when you have decisions to make.
This is the place from which
you can make an impact on the world
for the better.

What is a situation in which
I can move into greater acceptance?
How?

When you waste energy,
your consciousness starts falling
and you are no longer at peace
inside yourself.

What are some of my favorite ways of wasting energy (for example, worrying, trying to control others, not completing something, etc.)?

Learning from your experiences
is the best way to create steady,
upward movement.
That includes learning from your mistakes.
You never fall below the level
of your last learning,
so don't be afraid to look
at what you are doing,
learn what's working,
drop what isn't
and then move on.
Acceptance of your process of learning
brings you into peace.

What is a situation (current or past)
that I consider a mistake?
What is the learning in that situation for me?

Look only for the good
in all people and things,
and leave all the rest to God.
Then you will start having peace.

As I look around,
the goodness that I see includes:

When you seek happiness or peace
out in the world,
you are moving into lack,
saying that peace does not reside
naturally inside of you
and that you must find it
somewhere else.
Then lack, not peace, is your result.

Where am I seeking happiness or peace
out in the world?
What are the results of that seeking?

As you go through your day,
keep dropping anything
that is not the peace that you want.
You can laugh, have fun and be joyful.

What am I holding on to
that is not bringing me peace?
What can I drop that is interfering
with my experience of peace?

Many people live the good life—
with successful careers, great wealth,
and all the security this world has to offer.
What they would like more than all of that,
however, is peace of mind:
"I wish my mind would leave me alone
so I can feel good inside myself."
That peace is your natural state,
and it can be obscured
by the sensations of the world.

When I close my eyes
and give myself a moment of peace,
what do I notice?

Have you thought about this?
When people fight,
they are attempting to bring
harmony and balance into a situation.
They are attempting to find peace.

How can I bring
greater harmony and balance
into a current situation that is not peaceful?

Traditionally, we've learned
that when you yell louder
than the other person does,
you win and then you'll have peace.
Have you noticed that it doesn't work that way?
That other person will wait
for the chance to get back at you,
often when you're the most vulnerable,
attacking your weakness and destroying
what you thought was your peace.
There are better ways.
One of them is to let go of your position
and look for ways you both can win.

What is a position that I am holding
that is causing separation with another person?
What would it look like if I were to let go
of that position? What would I do differently?

Peace, be still.

As I attune inwardly
to the stillness inside of me,
I notice:

If you have established peace
within your own consciousness,
no one can take it from you.
They won't even be able to find it,
and they certainly won't be able
to dislodge it.

How do I grow peace
within myself?

The sanctuary of the heart
is the location of peace.
To discover peace,
you move into the spiritual heart.
How?
By doing spiritual exercises:
spending time with you
and the Spirit within.

Ways that I can spend more time
with myself and the Spirit within me include:

Spirit speaks through your heart.

Take time to listen.

In this moment,
listening to my heart,
I hear:

Many people are becoming aware
of a fervent yearning for peace.
We have the ability to make peace happen.
We can put our focus, attention
and loving into declaring peace
instead of war with every choice we make.
Do this, one small step at a time,
one moment at a time.

Choices I am currently making
for peace include:

Peace is present.

If you want to know
whether you are expressing peace,
it's really simple.
When you accept someone who is different,
peace is present.
When you move past your emotions and
judgments into understanding and empathy,
peace is being expressed.
When you are loving,
peace reigns.

Three ways I can move
into greater expressions of peace,
right now, are:

How do we find peace?
Peace isn't lost.
It is we who have lost our way
back to our home.
The way to return home is,
first, by committing to do just that.
Second, by doing what it takes
as individuals and as a group
to awaken others and ourselves
to our divine heritage,
which is peace.
And third, by expressing
peace with ourselves, our neighbors,
our colleagues, our nations,
and our world.

What is one thing I can do to increase my commitment to "return home to peace," and what would that look like?

Spirit brings peace through your loving.
Focus on loving,
and you will discover peace.

As I breathe in the love of Spirit,
(and as I exhale the loving of my own beingness,
I am aware of:

You can know happiness,
and you can know love.
There is nothing else
as worthwhile knowing.
Love is the only channel
for clear communication.
And love is the parent of peace.

What am I putting in the way
of knowing happiness and love right now?
What am I pretending I need to wait for?

It's of little value to love the world,
but not have peace with your neighbor.
Peace starts with each one of us,
as individuals.
Then, as a group,
we can create, allow and promote peace
until it becomes contagious.
We can start a peace epidemic
that can spread throughout the world.

Who is my "neighbor"
(spouse, child, parent, boss, employee, etc.)
with whom I do not have peace?
What is a "peace offering" I could make
that would create, promote and allow more peace?

Peace must start at home:
in your physical home—
and even more important, within you.
You can call it the heart, Spirit, God,
awareness, caring, empathy,
or other words that identify
the place of peace within you.

What do I call it?
What can I do to make it a “local call”
rather than “long distance”?

Peace is not a state of rest.
It is an energy that,
in order to be kept alive,
must be constantly expressed.
Peace is not expressed aggressively,
but in a gentle, sharing way
that gives the other person room
for individual expression.

What are some simple ways
that I can express peace
that could keep peace more alive inside of me?

We have the power to create
peaceful relationships with ourselves,
our spouses, our children, our relatives,
and the entire human family,
regardless of race, creed, color,
gender or nationality.
Easy? No,
but it can be simple.
It takes great courage,
which is the energy of the heart.

How can I be more unconditional, "regardless of race, creed, color, gender or nationality," in exercising that power? In what ways can I be more courageous in creating greater peace?

When you are in harmony,
you will experience joy—
along with its companion,
a sense of peace.

What can I do
to come into greater harmony
in this moment?

When you want to experience
greater inner peace,
you need to look at many levels.
What's the first sustenance of peace? Food—
is your food creating a sense of peace for you?
Look at your thoughts:
Are they constructive, supportive,
accepting, creative?
Your feelings often reflect
your thoughts and your imagination—
and you might as well win in your imagination!
All of these elements are deposited
into your unconscious.
Take a good look
at what you are creating,
promoting and allowing on these levels;
this is where you start creating peace.

What is an area or level
where I would like to experience greater peace?
In this area or level,
what do I need to do to start creating peace?

Peace is found

when there's no misunderstanding.

Where is there a misunderstanding
(with another person or just within myself) in my life?
What would it take for me to bring
greater balance and understanding
to that situation?

Do you want to know
how to have more peace in your life?
In just a few words:
Start being more peaceful yourself.
Peace, believe it or not, is contagious.

Who or what do I "catch" peace from?
Who or what "catches" peace from me?

Wisdom speaks in a peaceful way.

What does my wisdom say right now?

Q: What is peace profound?

A: Peace profound is an experience deep within, at the core of your being, beyond thoughts, feelings or physical sensations.

As I go deep within
to the place of peace beyond thought,
I am aware of:

Materiality is not peaceful;
that is not its nature.

Where am I looking for peace or security
in material possessions?
What are the results of that?

When you are peaceful,
you can still make personal progress.
You may think that making personal progress
means you've got to be scheming, conniving,
backbiting, undermining, hurting someone,
or setting something up to embarrass
another person or to make them look bad.
You don't have to do any of that.
To grow personally in a peaceful way,
you act in harmony
with your personal integrity,
morals and ethics.

The hallmarks of my personal integrity,
morals and ethics include:

When you seek peace out in the world,
are you looking for sensation?
Sensation can assuage
your yearning for peace,
but only for a short time.
Your physical senses will eventually
be stupefied by the world,
and you will automatically
retreat into yourself.
There you will find
your yearning for peace;
and there is where you will find
the source of peace.

What are my habitual ways
of seeking peace outside of myself?
When have I had a sense of peace
independent of external conditions?

Peace is not like a leaf
floating on still water.
Peace is alive and vital.
It includes children
who are making noise,
laughing, crying and doing life their way.

What is the peace that resides in children?
How do those qualities reflect
the peace within me?

Peace begins with you as an individual.
It starts with your breathing,
as an elemental response to life.
Peace is not radical;
it's a fundamental approach to existence.

As I take time, right now,
to consciously breathe in and out,
peace appears as:

Breathe in peace.

As tensions and worries drop away,

peace starts radiating through your body.

Peace is very much alive and present.

As you drop the pressures of your life,

you'll find that peace is present,

beyond the distractions.

It was always there.

As I drop the pressures in my life,
I notice:

You can be at peace with yourself
and still let other people know
that they are hurting you.
You can say, "Hey that hurts!"
and remain at peace with yourself.
You take authority over
what's going on with you
by acknowledging it.
If your authority is that of peace,
you bring peace into the situation.

Where do I currently hurt
(physically, emotionally, mentally, etc.)?
How can I acknowledge that hurt
without judgment, worry, or concern?

Conflict can exist within peace.
Don't plan on there being
no conflict in your life.
You will have it, but
you don't have to have againstness about it.
You can say, "I disagree with that,
and that whole approach.
I was there, and I didn't see that."
That's a form of conflict,
but it's not againstness.
Againstness is more like,
"You stupid idiot, I was there.
I know what was going on. Wake up!"
That's againstness.

What is a situation
where I am currently holding againstness?
How can I rewrite that situation
so that the againstness is transformed
into a conflict that exists within peace?

Peace is present.
Experiencing peace—that's the goal.
Whatever gets in the way of
your experience of peace
is yours to learn to handle.
As you focus on peace,
those things that are not peaceful
will start dropping away.

What is an area I can learn
to handle better in order
to experience greater peace?

Do you want to know if peace exists?
Then do the things
that can get you to peace
inside yourself.
Do you have peace now?
If not, then stop what you have been doing;
you'll usually find that peace
starts showing up.

What am I doing that does not bring me peace?
What would it look like if I stopped doing that?

Peace is a choice you make.
Peace is present and can be found right now.
When the lights are turned on in a room,
everyone knows that those lights are on.
It will be the same when we arrive at peace;
we will all know that peace is present.

Right now, where do I choose peace?
Am I making that choice?
If not, what am I choosing instead?
What am I making more important than peace?

Peace first starts with you as an individual;
then you make peace
with the rest of the world.

Something I can do
to make greater peace with myself is:

Spirit lives in the inner consciousness.
Its voice rings in the stillness of your heart.
Its movement is in the perfect stillness within.
Its greatest expression
is in the peace and loving
that reside at the core of your beingness.

As I attune to the stillness of my heart,
I am aware of:

Tune into divine love—the center
where you know goodness dwells,
the place where you are truly alive
and from which you express
calmly, peacefully and with love.
When this process starts,
you are opening the portals of your Soul.

As I attune to divine love within me,
the goodness I awaken to includes:

Disturbing action
creates karma—the law of cause and effect.
Disturbing reaction perpetrates karma.
When you change
disturbing action to loving action,
and disturbing reaction
to acceptance and understanding,
you can experience love, joy, peace
and fulfillment.
These divine attributes help
maintain the harmony of creation.

Is there an area in my life
where I tend to act or react
from a place of disturbance?
If so, what can I do to bring greater
loving and acceptance to that area?

The Soul attracts to itself
the positive essence
of truth, love, joy, peace,
and fulfillment.

What attunes me to my Soul?

Practice using what I call
the nine magic words.
The first three are, "I love you."
The second three are, "God bless you."
And the third three are, "Peace, be still."
Say them silently
when you are in situations of conflict or upset.
These words are powerful.

As I practice saying these "nine magic words"
in the quiet of my heart right now,
what do I notice in and around me?

Peace is your natural state.
If you look out into the world for sensation,
you can obscure that peaceful quality within.

Are there ways in which I habitually look out into the world for sensation? How can I restore my natural state of peace at those times?

If you would find peace,
look within.
Peace is not something separate from you.

What are the ways I can practice looking within?
How might I enhance that practice?

When you move to the power source
of your beingness in the inner kingdom,
you find happiness and joy.
It is a dynamic joy,
an active expression of happiness.
Within that happiness is peace.
It may not be jovial or raucous happiness;
it is the warmth of your own consciousness
united with the knowingness of your Soul.
When those two aspects are one,
happiness and peace are the natural result.

In what ways can I experience
more of the warmth of my own consciousness,
and the knowingness of my Soul?

When you awaken each morning,
it might be nice if you asked for peace
to be with you and all you touch that day.
Asking for this attunement each day
(it doesn't matter what words you use),
can change the quality of your life.

Take some time to write
your own prayer or blessing for the day,
asking for peace to be with you
and all that you touch.

When you ask for inner peace,
you may find yourself talking less.
To find the peace within,
it's often necessary to be quiet
so that you can hear the inner voice of love.

When I become quiet
within my own consciousness,
what does the voice of love say to me?

Within the peace of Spirit
there is also sandpapering.
There is always a perfecting process.

With what person or situation in my life
am I involved in the "perfecting process"?

When the body, mind and spirit
are in harmony,
you will experience joy
along with its companion,
a sense of peace.

What can I do more of, or less of—
physically, mentally, and spiritually—
to come into greater harmony?

Sensation is the other end of the spectrum
from love. It is the opposite of peace.
Many people find themselves
in an endless search for sensation,
unable to confront the troubles,
hurts and pain they must face
when they first turn inward toward peace.
That's what makes the qualities of peace
and love so difficult to find.
But it can be done—
with patience, acceptance and intention.
Focus on peace,
and the things that are not peaceful
will drop away.

Right now, as I focus on peace,
I notice:

Peace, happiness, and love
represent the inner world.
As you tune to that inner world,
you may begin to experience peace.
The emotions subside;
the mind becomes quieter.
You may feel the Spirit touch you;
you may hear a voice whisper,
"Peace, be still."
You will know
that you are awakening to your true self
more and more.

What are some of the ways
in which I attune to the inner world?
What are some additional ways
I can bring greater attunement?

Peace is the absence of againstness,
internally and externally,
but it's not the absence of sandpapering,
refining and moving towards excellence.
There can be divergent points of view
without having war.
I call it conversation, communication,
dialogue and sharing ideas.
It's integrity, which allows all people
their moment to speak their truth.

To whom can I give greater freedom
to speak their truth?
What is my next step in that?

When you are loyal to yourself,
you develop inner reference points
of peace, contentment
and a sense of worthiness.

In what ways can I increase
my loyalty to myself?

In the one accord of peace,
we have to put aside
righteousness, indignation, accusations,
problems, inadequacies and insecurities.
Wrap them up, put them aside and say,
"Today I am not participating in those.
I only have this one thing to do—
and that is to participate in peace."

Specifically, what can I put aside today?
Have I done that?

I know that peace
in our time on this planet
is possible.

What is one simple, little thing
I can do today (within myself or with another)
to participate in this possibility?

What you create returns to you.

Be smart.

Create harmony, peace, joy and love.

Then, when that's returned to you,

it can only lift you higher.

What can I do to create
greater harmony, peace, joy, and love in my life
and in the lives of those close to me?

As you hold a positive focus
and express love, harmony and peace,
you will become these qualities.

Practice these qualities now.
What do you notice?

Make peace with yourself.
Forgive yourself
for all the times you haven't done your best,
no matter what the reason.
Forgive yourself for forgetting
that you are divine.

I forgive myself for judging myself for….

We bring peace to bear
everywhere we are
by standing up in strength and purpose,
with great intention
toward God's loving in humanity.

The current way
I express my purpose and intention for peace is:

Peace gives unto peace
as love gives unto love,
as Light gives to Light,
as laughter gives to laughter.

In what ways can I give to myself
more peace, love, Light and laughter?

When I talk about peace,
I may be using a different concept
than what you are accustomed to.
I don't believe you can fight for peace.
Nor can you defend yourself for peace.
Nor can peace be purchased,
owned or used for any purpose.
Peace, according to my concept,
is the natural state of humankind;
we are children of a benevolent Creator.
Peace is our eternal home.
Peace is God, Spirit, the One,
whatever word you choose to call it.
It is bigger than our minds can grasp.
It just is.

Looking through the "eyes of a child,"
what evidence (signs) of peace
are present right now?

Peace is not a static condition.
It is a highly active,
alive state of being.

How can I bring peace more alive?

Peace is a cessation of againstness,
where you are not holding a position
about anything or anyone,
and you do not judge.

Are there any positions or judgments
that I can let go of right now
that would bring me into greater peace?

Peace involves acceptance,
which can be confusing
to people who believe
that to accept something means
to condone or approve of it.

Is there a situation in my life
in which I can practice greater acceptance
of something I don't necessarily
approve of or condone?

Peace is neutrality,
where you are simply not against
anything or anyone.
Neither are you for them.
You are in a middle ground of acceptance,
which frees you up
for positive, loving action.

Is there a situation in my life where I can move into the "middle ground of acceptance"? How might this free my energy for greater loving action?

To move into a situation
or toward a goal peacefully
means that you are bringing
peace and harmony
into what you are doing.

In what ways can I bring greater harmony
to my pursuit of a current goal?

Ask yourself,

"Am I bringing peace

and harmony to the world?

Am I part of the problem,

or part of the solution?"

What are my answers?

If we all contribute
the greater part of ourselves
into this life,
we will have peace—
and plenty of it.

What part of me
can I contribute "into this life"
in an even greater way?

The question is,
"How can I experience greater peace inside?"
I think experiencing peace within
requires a multi-level approach.
By paying attention to the thoughts you hold,
the feelings you invest in,
your responses to the people
and situations in your life,
and your spiritual wellbeing,
you can start building greater peace
in and around you.

How can I experience greater peace physically?
In my imagination? In my emotions?
In my mind? In my subconscious? In my Soul?

Lay a foundation inside of you
of health and balance.
Negative emotions such as lack, envy, jealousy,
greed, lust, rage, despair and hopelessness
can disrupt you physically.
You can learn from whatever
brought those feelings up.
Also learn to let those emotions go,
as they are disruptive
and they don't support you.

To assist myself in laying a foundation
for health and balance,
is there a negative emotion I can release?
How can I do that?

The most important thing you can do
to experience peace inside
is to cease doing againstness.
When you indulge in jealousy, anger or lust,
you are in againstness—against yourself.
It may seem like you are against
someone or something outside you,
but take a good look:
Where do those feelings reside,
and who are they affecting?

When I "take a good look,"
what do I discover about againstness
and my process towards peace?

When emotions are raging inside of you,
that's not peaceful.
You can use those feelings as information.
For instance, when you see someone
you resent, you can observe your feeling
and name it: "That is resentment."
Naming something can release
its power over you.

Was there a recent time when I experienced
emotions raging inside of me?
What name would I give
to the primary emotion in that situation?

When you get to know
people you've had bad feelings about,
you often find out that
they are not so terrible after all.

Has there been a time
when I found this to be true?

The mental level of peacefulness
is created by the thoughts
that you hold in your mind.
Thoughts of grief or anger
create those feelings inside of you;
happy thoughts create a sense of happiness.

Some genuinely happy thoughts
for me right now include:

There are no reasons for you
to withhold loving from yourself,
regardless of what you do, say, think, or feel.
It's easier to be peaceful with yourself
when you feel good about
what you've been doing,
and about the thoughts you've focused on.
Learn to love it all;
that is unconditional loving.
It starts with you.
Then it can radiate out into the world.

Where and how can I be more unconditional in my loving for myself?

Make your choices carefully.
If you go into manipulation,
resentment, greed, etc.,
that is what will come back to you.
Instead, choose freedom.

Is there a time when I used manipulation,
resentment or greed with someone?
What would that situation have looked like
if I had chosen to "go into freedom"?

In your moments of peacefulness,
don't think that you won't feel
out of sorts ever again.
You can say to yourself, "I feel good now."
Are you going to feel good tomorrow?
Let's see what happens
when tomorrow shows up.
Keep working on right now
so that now keeps feeling good.

Am I present with the feeling
of goodness and a feeling
of the goodness of my life right now?

Is getting into a peaceful place hard work?
Not if you do it right now.
When you stay here, in the present,
you can be distracted
out of your pain and problems,
and peace can start welling up
inside of you.

Right now, practice being present.
Notice when you become aware
that you have left "the present."

Restore peace inside of you
allows you a few moments of quietness.
Spirit can become present.
There can be a great healing inside of you,
and a re-attunement to the oneness
which is the peace of Spirit.

What are some ways
I can practice re-attunement to the oneness?

You can know happiness,
and you can know love.
Seek these things inside,
and then you will start
perceiving them around you.

What are some ways that I can practice finding happiness and love inside?

Love is the only channel
for clear communication.
Find out what that loving is,
and how to be in it
more and more of the time.

Is there a situation
in which I experience frustration or challenge
in communicating clearly?
Is there anything I can do to bring
more loving into that situation?

Our spiritual heritage is one of peace.
Humanity's history seems to belie that fact,
yet we always have the choice
to express loving, acceptance and caring.
We have the power to make choices.
Although choices like vindictiveness,
jealousy, revenge, hatred, etc.
may seem louder, more available,
or more impressive,
the qualities of Spirit are always here
and are longer lasting.
All we have to do is choose.
Not once, but again and again.

What is a quality of Spirit
that I can choose in this moment?
Am I choosing that?

Here and now is your opportunity
to be at peace—first with yourself.
Then it can expand
as you share it with others.

What is my very next choice for peace?

We can start having peace in the world
when we have inner peace.
We can stop having wars out in the world
when we stop having wars inside
our own thoughts and emotions.
That is our job:
to start having peace inside.

Is there any inner "war"
that I can declare peace with right now?
Is there any judgment, worry, fear, etc.
that I can "surrender"?

Many people find themselves
searching endlessly for sensation
out in the world in order to avoid
facing the hurt, anger and upset
they find when they turn inside
to find peace.
Many people don't know
that their peace lies
beyond their pain.

Instead of searching for outer sensation,
what can I do to move past pain
into an experience of greater peace in my life?

There is a place of integrity within,
where the true self lives,
where you do not deceive
yourself—the home of truth.
It can be a bloody place,
a place of real severity,
and it can often be involved with suffering.
But the pain will dissolve,
the wounds will heal,
and peace will bloom
once you choose and commit to finding
the source of your life's joy within you.
Then the negativity is transmuted
on the altar of your honesty,
and the flower of your life blossoms
in joy, loving and abundance.

What is the nature of my commitment
to finding the place of integrity
and the source of my life's joy within me?

Sometimes you can just be
with another person
in peace, quiet, and loving,
and that energy can accomplish
a great deal in itself.

When was a time that I lovingly,
peacefully assisted another person?
What did I do or not do
to participate in that process?

When you connect
to the spiritual center within,
it will most likely give you
more opportunities to create peace
rather than disharmony.

When is a recent time that I connected
to the spiritual center within
and created peace?

"As you sow, so also shall you reap"
is too often interpreted as a negative warning.
It can also be a highly spiritual action—
where a positive action
leads to a positive result.
Hold on to the image of what you want.
On the physical, imaginative
and spiritual levels,
create and express that
which is positive and uplifting,
and then you can reap
what you have sown.

What is a positive and uplifting image of what I want?

Revolution means
to rebel and destroy
in a self-perpetuating cycle
of destruction;
evolution is peaceful,
constructive change.

What next step can I take in my own evolving, peaceful, constructive change?

You can learn to strengthen
your connection to your peace
by creating a signal for yourself.
When you are experiencing peace,
create a signal,
like tapping two fingers together,
that is a connection with that moment.
When you are in a more chaotic
or stressful situation,
use that signal to reconnect
with your peace.
This takes practice,
but it can be done.

Take some time to relax
into a state of inner peace and calm.
What simple "signal" can you create
to reconnect with this inner peace?

We are here
to learn one thing primarily,
and that's inner peace.
In the midst of all else,
when you put your body on the line
and get your actions
lined up with your loving,
you can start to experience
this inner peace.

What are some specific ways
I could "line up" my actions
more fully with my loving?

Before we battle any "demons" out there,
we first have to battle
those in our own heads.
If we constantly "exorcise" ourselves
of those things,
life becomes easier
and we become more peaceful.

Is there a person or situation
that I have been battling?
If so, how can I bring greater peace
to that person or situation inside of myself?

Q: How can I learn
to stay in my peace more consistently?

A: Keep a safe place
inside of you for everything
that is said to you,
or about you
or that you say.
Have no attachments
to anything
that comes in or goes out.

What is the nature of my "safe place" inside?
What would it be like
to live without attachments?

Is any part of your body tense or tight?
If so, in your mind, tell it,
"Peace, be still.
Relax, let go."

Notice if there is any part of your body that is tense or tight right now. In your mind, tell it, "Peace, be still. Relax, let go."
What are you now experiencing and feeling?

Working with *what* is
is going toward peace.

How can I work with what is right now,
to a greater degree?

Take care of your body.
Make friends
with your mind and emotions.
Live in your spirit
as you walk through this day
in peace.

What are some ways
in which I can take better care of my body?
Be a better friend with my emotions?
Live more fully in my spirit?

You need to make peace
with everyone in your life.

With whom do I need to make peace?
How might I do that (either outwardly with them or simply just inside myself)?

Give of the goodness that you are.
Give of the truth that you are.
Give of the peace that you are.

In what ways do I give
of the goodness, truth or peace of who I am?

One of the great disturbers of peace
is impatience.
"Why is it taking so long?"
"Why does it hurt?"
"Why is it there?"
"I thought I was through with that!"
Well, it just does what it does,
and you do what you do.
You might as well get your doing in sync
with what is going on.
In that, you'll find more peace.

What is one area or situation
in which I have a history of impatience?
How can I bring myself into greater acceptance
and get "in sync" with what is going on,
and with peace?

Whenever you hear of any negativity,
instead of adding to it
by condemning the people involved,
send Light and love to everyone—
even to those who have messed up.
Start adding peace into the situation
through your compassion
acceptance, and understanding.

Was there a time recently
when I added to negativity?
What could I have done differently that could
have added peace into that same situation?

When you stay present, in the moment,
taking care of what comes your way
to the best of your ability,
keeping your heart open,
and asking for Spirit's assistance and blessing
in all that you do or say,
then you are in good territory.

What are some of my personal strategies for staying present in this moment?

As you awaken
to the peace center within you,
you can share that energy
and contribute
to peace in this world.

When I quietly attune
to the center of peace within me,
in what ways am I moved to share that peace?

I don't know if there is a final answer
for finding peace inside.
I do know that the key
is to find that place inside
where you love to be.
Make it a habit to be in that place
more and more, faster and sooner,
and stay there longer.

Where do I find my center?
Practice that now.

The opportunity to be in peace
is in every moment, in every choice.
You come into peace first with yourself,
and then by sharing peace with others.
I join you in claiming
our spiritual heritage
of peace and loving.

Where can I, in this moment,
choose to be in greater peace?
Specifically, how can I do that?

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A TEACHER AND LECTURER of international stature, with millions of books in print, John-Roger is an inspiration in the lives of many people around the world. For over three decades, his wisdom, humor, common sense and love have helped people to discover the Spirit within themselves and find health, peace, and prosperity.

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